



Low-Fat Pumpkin Flan

 Vegetarian  Gluten Free

READY IN



340 min.

SERVINGS



8

CALORIES



120 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree canned
- 5 large eggs
- 1 pinch ground allspice
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 1 pinch mace
- 1.8 cups milk low-fat

- 0.3 teaspoon salt
- 1 vanilla pod split
- 2 tablespoons water
- 0.3 cup sugar white

Equipment

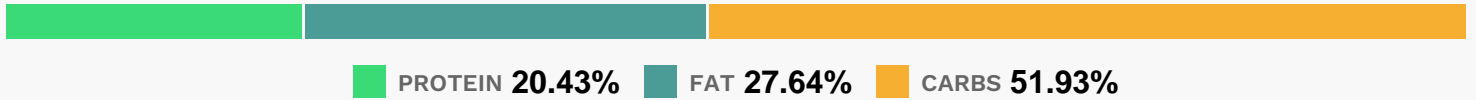
- bowl
- sauce pan
- oven
- knife
- whisk
- ramekin
- baking pan
- aluminum foil

Directions

- Preheat the oven to 300 degrees F (150 degrees C).
- Set eight (5 1/2 ounce) ramekins into a large baking dish.
- Stir together 1 1/4 cups sugar and water in a saucepan over medium heat; cook and stir until dark amber, about 10 minutes.
- Quickly divide the caramel among the ramekins; set aside.
- Whisk eggs, cinnamon, salt, cloves, ginger, allspice, mace, and 1/3 cup sugar together in a large bowl. Stir in pumpkin puree until smooth.
- Heat milk in a saucepan over medium-low heat until it starts to gently bubble and steam.
- Remove from heat.
- Place vanilla bean seeds and pod in milk. Allow to soak for 10 minutes. Slowly strain hot milk mixture into the egg mixture and whisk to form a thin custard.
- Divide the custard evenly among the ramekins, leaving about 1/4 inch at the top of each.
- Fill baking dish with hot water to reach halfway up the sides of the ramekins. Cover the baking dish with heavy-duty aluminum foil.

- Bake in the preheated oven until the flan is just set, 45 to 50 minutes.
- Remove ramekins from hot water to cool completely. Cover and refrigerate until cold, at least four hours.
- Run a knife around the inside edge of each ramekin and place an overturned plate on top. Invert and release the flan.
- Garnish and serve.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:11.21521734673%

Nutrients (% of daily need)

Calories: 119.98kcal (6%), Fat: 3.78g (5.82%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 14.27g (5.19%), Sugar: 12.75g (14.17%), Cholesterol: 118.83mg (39.61%), Sodium: 140.35mg (6.1%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.29g (12.58%), Vitamin A: 8544.43IU (170.89%), Selenium: 10.97µg (15.67%), Vitamin B2: 0.25mg (14.48%), Phosphorus: 134.06mg (13.41%), Calcium: 99.83mg (9.98%), Vitamin B12: 0.59µg (9.88%), Vitamin B5: 0.88mg (8.79%), Vitamin K: 8.77µg (8.36%), Manganese: 0.17mg (8.27%), Vitamin D: 1.19µg (7.95%), Iron: 1.34mg (7.45%), Fiber: 1.72g (6.88%), Potassium: 237.54mg (6.79%), Vitamin E: 0.91mg (6.07%), Vitamin B6: 0.11mg (5.74%), Magnesium: 22.75mg (5.69%), Folate: 22.23µg (5.56%), Zinc: 0.73mg (4.84%), Copper: 0.09mg (4.27%), Vitamin B1: 0.06mg (3.68%), Vitamin C: 2.28mg (2.76%), Vitamin B3: 0.29mg (1.43%)